



December 16, 2015

CareTrust REIT, Inc. Announces Quarterly Dividend of \$0.16 per Share

SAN CLEMENTE, Calif., Dec. 16, 2015 (GLOBE NEWSWIRE) -- CareTrust REIT, Inc. (NASDAQ:CTRE) today announced that its Board of Directors has declared a quarterly cash dividend of \$0.16 per share of CareTrust common stock, payable on January 15, 2016 to shareholders of record as of December 31, 2015.

About CareTrust™

CareTrust REIT, Inc. is a self-administered, publicly-traded real estate investment trust that is engaged in the ownership, acquisition and leasing of seniors housing and healthcare-related properties. With 119 net-leased healthcare properties and three operated seniors housing properties in fifteen states, CareTrust is pursuing opportunities nationwide to acquire additional properties that will be leased to a diverse group of local, regional and national seniors housing operators, healthcare services providers, and other healthcare-related businesses. More information about CareTrust is available at www.caretrustreit.com.

CareTrust REIT, Inc.
(949) 542-3130
ir@caretrustreit.com